

CA20N
CR
-2287

YEA COACH



National
Coaching
Certification
Program

YOU'RE THE LEADER

Probably you are instructing or coaching

young athletes anywhere from six to 21 years of age. That's a big job because your influence with them ranks with that of their friends and even their parents. Your athletes deserve the best they can get.

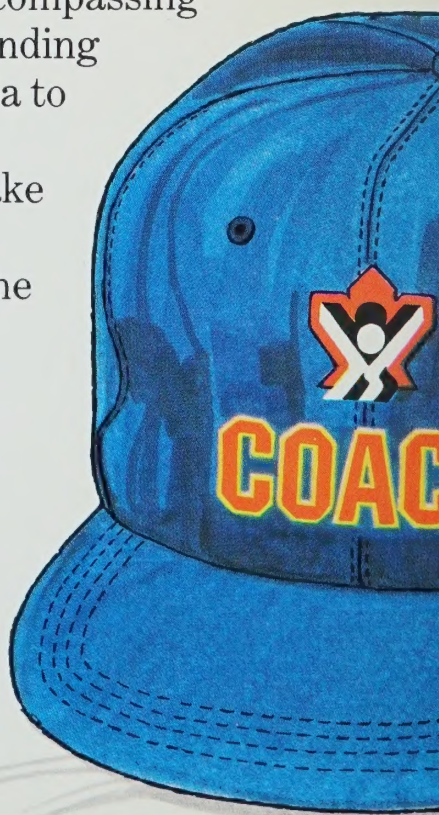
As a coach you must have asked yourself questions like: "How can I help my athletes do their best?" or "I know there is something wrong in his or her technique but I just can't pinpoint it." You are the coach. You have to know the answers to these questions.

50

Well, you can get those answers and more from the National Coaching Certification Program (NCCP).

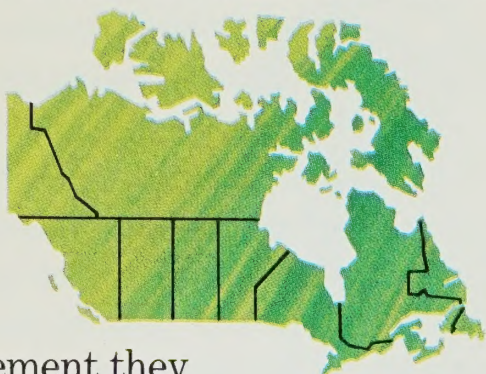
The NCCP is the 'coaching of coaches' program. An educational and learning program for coaches encompassing some 50 sports and extending from one coast of Canada to the other.

It is designed to make the reward of coaching that much better. And the more you get out of coaching, the more your athletes get out of their sport.



Coaching clinics in the past had developed at different stages. Many of them lacked national co-ordination, contributing to regional isolation while shutting out the collective expertise we had amassed as a nation.

In 1972 the Inter-Provincial Council of Sport and Recreation began developing a model for a national bilingual coaching program.



The new element they wanted to introduce had never really been part of the coaching clinics before. The *theory* or *principles* of coaching.

No other national coaching program has regarded the theory of coaching so highly. Enough to warrant a complete set of courses on them alone.

Meanwhile, through the Coaching Association of Canada, the national and provincial sport associations got together to amalgamate all their talents into the design of technical training courses for each of their sports, setting guidelines and basic standards for training coaches.

Together these courses form a model of five levels. The first three levels break down into three elements each. Principles of coaching (Theory), the techniques (Technical), and the practice (Practical).

The fourth level, training coaches of athletes

The more you get out of coaching the more the athletes get out of sport.



competing nationally, combine the more sophisticated principles and technical elements.



The same applies to Level Five, for coaching of international competitors.

The Theory component of the program offers coaches information on such things as leadership, motivation, nutrition and fitness. In many situations, it also gives coaches of different sports the opportunity to get together to discuss common needs.

THE MODEL

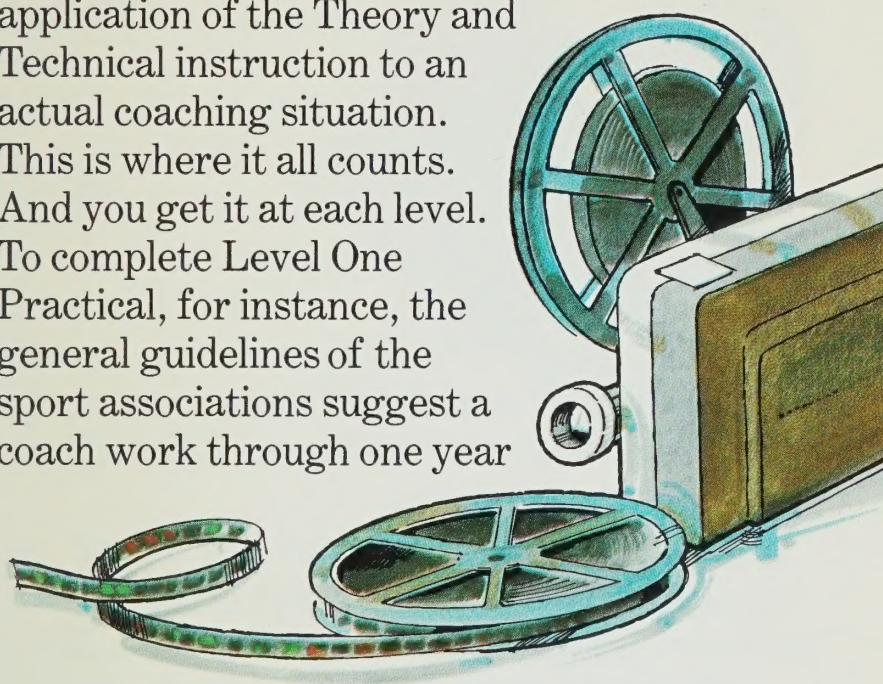
	THEORY	TECHNICAL	PRACTICAL	CERT.
		(Approx.)	(Approx.)	
Level I	14 hrs.	14 hrs.	1 year	C
Level II	21 hrs.	21 hrs.	3 years	C
Level III	25 hrs.	25 hrs.	5 years	C
Level IV (National)				
Level V (International)				

The Technical section complements the theory and instructs you in tried and proven methods to help you be a truly effective and dynamic coach. The sport you are coaching, you may have played for years, but it is one thing to play the game, knowing it inside-out, and another to coach it. The Technical program also applies the principles in the theory courses specifically to your sport.

You will find the Theory and Technical sections quite challenging and entertaining

through the use of film and slide shows, group discussions, field demonstrations, and idea-swapping. Think of it as all the coaching ideas and ideals you ever had, suddenly coming alive.

Then comes the Practical section. The application of the Theory and Technical instruction to an actual coaching situation. This is where it all counts. And you get it at each level. To complete Level One Practical, for instance, the general guidelines of the sport associations suggest a coach work through one year



on the job. For Level Two, up to three years. Level Three up to five years.

So, the Practical gives you the chance to try out everything you have learned. It also gives the Program instructors an opportunity to see you in action.

Completion of the theory, technical and practical at a level grants you official certification at that level.



**Your influence
with youngsters ranks
with friends and parents.**

To enroll in the National Coaching Certification Program, you should be at least 16 years old and naturally, keen on coaching. Here is an idea of your investment in time and money.



For example, Level One Theory is approximately \$10.00. This pays for 14 hours of instruction, divided perhaps into one or two, two-hour sessions a week.

Level Two Theory costs up to \$15.00, and just over 21 hours. Level Three would require 25 hours.

For the Technical sections, count on roughly the same time per level as the Theory sections. Usually they occur on weekends.

Depending on the sport, the Technical

A TINY INVESTMENT

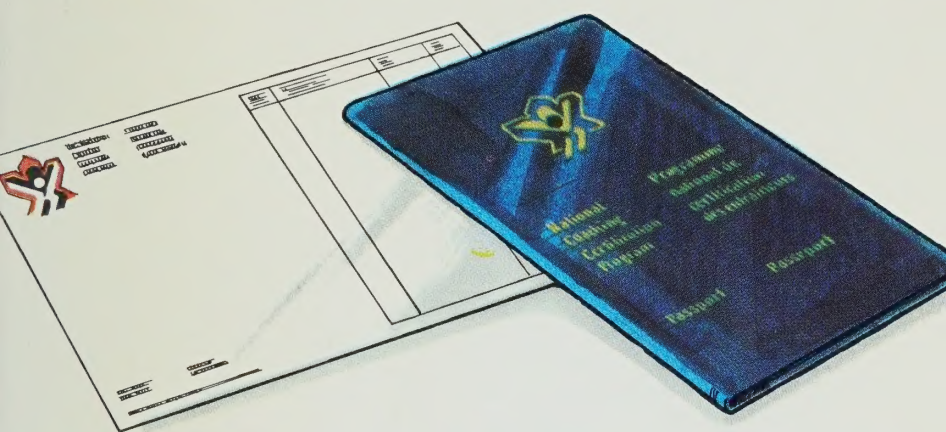
section of Levels One to Three costs between \$10.00 and \$60.00.

In total, all courses are a tiny investment compared to the increased enjoyment you will get from your job as a coach.

Once you enroll in the Program, you do not simply become a card with




a number. In fact, your registration is entered into a central computer in Ottawa, where all your progress is officially recorded. For administrative ease and accuracy and for your own personal record keeping you will receive an updated computerized card each time you take a course.



When you become fully certified at a level an official passport booklet will be sent to you, valid anywhere in the country.

Whether you have been coaching for a long time or are thinking of just starting to coach, there is something in the program for you. New information and techniques are always developing and it is important for you to be on top of them.

To join the National Coaching Certification Program in your area call or write the representative indicated on the back cover.



The National Coaching Certification Program is developed and implemented through the combined efforts of the Federal/Provincial/Territorial Governments, the National/Provincial/Territorial Sport Governing Bodies and the Coaching Association of Canada.

**The NCCP gives you
5 levels of coaching in Theory,
Technical and Practical.**



For further information contact:



Ministry of Culture and Recreation
Coaching Co-ordinator
77 Bloor Street West, 8th Floor
Toronto, Ontario M7A 2R9